

**Fastest, Most Natural Way
To Full Flexibility, Bigger Penis
And Long Rock-Hard Erections!**



HYPERBOLIC STRETCHING

BY ALEX LARSSON

HYPERBOLIC STRETCHING



The Key to Fastest Strength,
Size and Full Flexibility!

www.hyperbolicstretching.com

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NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.



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INTRODUCTION

Dear reader,

I have created this manual with sincere effort to show you the fastest and most effective method for achieving full body flexibility and exceptionally strong pelvic floor muscles using simple yet enormously effective stretching program.

If you've previously visited my website, you know that I am 44 and I'm not in any extra athletic condition, except for the exceptional flexibility and strength in my legs and hips. This proves that you don't need to be a top athlete to achieve the same results as I did.

Over the years my only passion was hiking – a passion that made my leg muscles tight and short. Yet I was able to achieve full flexibility potential, maximum pelvic strength and increased my penis length by 1.5 inches in just four weeks.

Men and women of all ages who went through the program achieved the same results simply because this method is based on scientific facts and sound exercise methodology. It works!

Positive effects and benefits of this simple stretching routine are countless. Yes, you will be able to do suspension splits like the one below easily.





The #1 rule to faster flexibility gains is to focus on stretching your thigh muscles first. I am talking about three muscles - the hamstrings, groin muscles (adductors) and the hip flexor (muscle that lifts your knee up to your chest).

If you're only interested in increasing strength of your pelvic floor muscles and/or want to increase your penis size without achieving splits and overall body flexibility, there is a simplified routine in one of the chapters below.

Without flexible thigh muscles your mobility, athletic skills, static yoga postures, kicking techniques and overall performance will lack high level of quality, stability, speed and power.

For those who do not realize all the scientifically proven health benefits of strong pelvic floor muscles can find comprehensive list in the next chapter.

Lack of flexibility in your lower body (legs and hips) influences elasticity of other muscles as well.

For example, it is difficult to properly stretch your calves, lower and upper back or your glutes without first having flexible thighs because many postures that stretch these other muscles require you to have your hamstrings, adductors and hip flexors flexible as well.

With flexible thigh muscles, achieving elasticity in other parts of your body will become easier, safer and faster.

Despite this method will make your muscles highly flexible and strong, you will need to spend some energy resources to reach this objective.

You won't have to exercise in high intensity exercise fashion, but here is some muscle effort involved.



At the end of this book, I have added one chapter about warm-up exercises. Proper warm-up is gravely important for increasing your overall flexibility and for general injury prevention in training.

A good warm-up exercise will not only help you perform better in your main training or competition. It will also help you achieve better results in your main flexibility enhancement session that should be performed *at the end of your main workout*.

**PLEASE READ THIS MANUAL AT LEAST ONCE IN ITS ENTIRETY.
THERE ARE MANY IMPORTANT DETAILS YOU NEED TO KNOW TO MAKE
THE MOST OUT OF THIS METHOD.**

Please remember, this is a highly intelligent stretching program – not a list of new miraculous stretching positions that many hope to discover.

Just buying a book won't make you flexible. You need to go through the program to see tangible real-life results.

If you want to gain results faster and your muscles are stiff from years of inactivity or heavy weightlifting, there is no other way but to *rely on sound scientific stretching exercise protocols*.

The stretching protocol I am about to share with you is based on real-world scientific research.



You will be tricking your own survival body reflexes that will accelerate your flexibility levels beyond belief.

Plus, the stretching exercises will also totally isolate your pelvic floor muscles and make them very strong quickly – something no other method can do.

Isolating your pelvic floor muscles will help them grow. Stronger and bigger pelvic muscles are positioned against your penis root. Even slight increase of the pelvic muscle mass will push the penis root out significantly.

One of my students reported his penis length increased by 2.6 inches within 5 weeks of following my program, however I urge you to have realistic expectations.

If the length of your penis increases by 1.6 to 2.4 inches, that is about the average limit of what you can do with this program.

I resort the right to repeat some concepts in this book several times over where appropriate, believing this will help you understand and memorize the concepts and exercises that will help you achieve things you have never thought were possible before.

KEY TAKEWAY

Focus on increasing flexibility of your hamstrings, adductors and hip flexors first because these muscles are often involved in all other exercises that stretch other muscles, such as calves, glutes or lower and upper back. Having these thigh muscles flexible first will also help you perform advanced dynamic movements found in almost every sports discipline with ease.



FULL FLEXIBILITY AND PELVIC STRENGTH

In general, stretching is still heavily underestimated discipline despite its positive effects on health and sports performance were proven in countless medical case studies.

Increased muscle flexibility, especially in your thighs, hips and lower back positively impacts:

- long term emotional state and optimistic mindset
- quality of your athletic skills
- endurance and stamina
- sexual performance and libido
- back pain health
- musculoskeletal and neuro muscular health
- overall mobility and motor skills
- injury prevention and healing

If your bones and muscles are healthy, you can reach high degree of flexibility regardless of your age quickly.

In fact, it is possible for you to achieve maximum flexibility and full splits in just weeks, if you use this method regularly.

Increased strength of pelvic floor muscles is crucial to long term-health for both, men and women.

You may be familiar with the Kegel exercises that have been officially approved by medical community as helpful in many medical issues and ailments.



Many studies have already proven that strong and developed pelvic floor muscles can help men and women of all ages:

- improve bladder and bowel control (avoid urine, gas and stool leakage) in just weeks
- expose part of penis root that increases penis length and to some degree the diameter as well
- increase blood-flow in hip region during sexual activity that leads to longer and harder erections in men and stronger orgasms in women
- spend less muscular energy during sex and increase your overall endurance
- delay ejaculations and increase number of orgasms men and women can have in a set time frame
- increase overall self-confidence and quality of life
- reduce the risk of prolapse; in women, this may be felt as a bulge in the vagina or a feeling of heaviness, discomfort, pulling, dragging or dropping; in men, this may be felt as a bulge in the rectum or a feeling of needing to use their bowels but not actually needing to go
- improve recovery from childbirth and gynecological surgery (in women)
- improve long-term prostate health and recovery after prostate surgery in men.



PELVIC STRENGTH, PLEASURE & PENIS LENGTH

If you're only interested in increasing your pelvic strength and/or penis length, there is a simplified routine in one of the chapters below.

Strong pelvic floor muscles increase in size. Hypertrophy of pelvic floor muscles pushes the root of your penis out, resulting in increased penis length.

Hyperbolic stretching enables you to completely isolate and precisely target your pelvic muscles while their strength and size increases dramatically – something that is not possible with any other method.

Individuals who performed hyperbolic stretching routine four times per week for a period of four weeks experienced increased penis length by up to 1.8 inches in average.

After four weeks, the group switched to a 3-minute maintenance stretching routine performed only twice a week. Another measurement performed after two months showed that everyone in the tested group was able to completely maintain increased penis length.

You need to keep exercising at least twice a week to prevent atrophy of pelvic floor muscles and maintain increased penis length. In addition, regular exercise and strengthening of pelvic muscles improves blood flow in your hip region that in turn increases the diameter of arteries around and in penis itself.

As a result, men will experience improved erection, hardness and penile vascularity. Women will experience more intense orgasms and the ability to contract vaginal muscles around men's penis, improving both partners' pleasure from sexual intercourse.



WHAT RESULTS TO EXPECT

Based on results my students achieved with this method, I can confidently say that you will achieve maximum flexibility, pelvic floor strength and exposed penis root in approximately 21 to 28 days.

Plus, if you follow this program routine to the point, *you will be able to display full flexibility and splits anytime without warm up*, even if:

- You're not a top athlete in great physical condition
- You're over 40, 50, 60 or 70-year young
- You haven't done any sport before
- You are man or woman
- You don't have any previous stretching or training experience
- You feel that your leg muscles are too stiff or shortened
- You did a lot of heavy lifting, cycling or running in the past
- You think that your hips are too tight
- You think you are too old to achieve great flexibility

This method is suitable for everyone including women, men, newbies, experienced dancers, Olympic athletes, martial artists, MMA fighters and even ice hockey goalies who would like to increase their flexibility safely and quickly.

Depending on your current level of strength and flexibility, results may come even faster.

In fact, those who already worked on their pelvic floor strength, have strong legs or have achieved some level of flexibility with other method before can see full results in just one or two weeks.



To be more specific, based on your current level of flexibility you can expect to do full splits in following time frame:

- If you are out of shape or have never exercised before, you will be able to do full splits in 28 days *without a warm-up*.
- If your split test shows you are about 10 to 12 inches away from full split, you can expect to reach the flat split in 24 days *with warm-up*.
- If your split test shows you are 2 – 9 inches away from full split, you can expect to reach flat splits in about 18 days *with warm-up*.

If you are advanced practitioner of stretching and want to do full splits without warm-up, I strongly recommend you go through the full 4-week routine.

Hyperbolic stretching program is of moderate difficulty. Depending on your current flexibility level, one session takes about 8 to 15 minutes to complete. You will have to go through the program four times every week.

Here is why I recommend adding this program into your training curriculum:

- Most people who follow regular stretching protocols will never reach full flexibility or full splits, even after years of stretching. Others will be able to do the splits after years of training, but they will only be able to do them after long stretching sessions and warm-ups.
- After you've gone through this program and gained full flexibility in the three thigh muscles I mentioned before, you won't have to stretch them so often with this program because it is way easier to maintain your flexibility level than to develop it. At the end of this book, I will show you incredibly simple way to maintain your lower body flexibility and splits using a simple 3-minute per week routine.



There are some conditions, exceptions and rules you need to follow.

- ***Stick to prescribed exercise frequency***

In order to achieve splits in 3 to 4 weeks, you need to stick to the program and never miss a single session. You can go through the exercises at home, in the gym or outside. There is no special equipment needed. Frequency of stretching is very important. You will have to perform this program 4 times per week. Skipping stretching sessions or skipping any exercise in this program may postpone your results.

- ***Stick to Safety Precautions in This Guide***

In this guide, you will also find important safety precautions that you need to consider when stretching. To start with, you should never stretch any muscle past certain pain point. Light muscle pain in a stretched muscle is fine (just like in strength training) but huge pain should be avoided. Plus, if you are recovering from muscle injury, you need to either completely stop stretching until the muscle heals completely or switch to the Relaxed Stretching routine that is also part of this guide.

- ***Flexibility Maintenance***

As I said above, the moment you are happy with your flexibility level, you can stop using the program and resort to flexibility maintenance routine. The maintenance routine only takes about 3 minutes to complete and you will have to go through it only 2 times per week. You can focus on stretching other muscles. Of course, you can also continue the program and increase strength and flexibility further – decision is up to you.



- ***Morning Stiffness – An Exception to Full Flexibility Display***

In the first 60 minutes after a wake-up, your flexibility is at its lowest point. As you were sleeping, blood circulation in your body decreased and your neuromuscular mechanism switched all your muscles to a “stand-by” mode by shortening them.

Within this time frame, you may not be able to do splits without a warm-up. As you start moving again, your blood flow increases.

Your muscles quickly get back into an ‘active’ state. So, after about 60 minutes, you will be able to display your full flexibility easily without a warm-up.

With that being said, let’s zoom in on the theory and principles.



YOUR OBJECTIONS CLEARED

Many people haven't reached their full flexibility potential just because they didn't use the right method of stretching. I am 100% convinced that this method works on everyone and the only way to find out how well it works for you is go through the program.

I am sure there will be many objections and people trying to find theoretical reasons why the program doesn't work without even trying it out.

Before we get into the program itself, give me a moment to raise few common objections to stretching in general and answer them right here.

Objection 1: "Maybe I am too old and my muscles are not so elastic as they used to be. Will I still be able to gain flexibility quickly."

Yes. Even though, in advanced age your joints and tendons may lack necessary amount of collagen and thus be less responsive to stretching, they don't need to be stretched at all.

On the other hand, your muscles are already flexible enough to do the splits, right now!

What needs to be overcome is neuromuscular contraction reflex (myotatic reflex) that prevents full flexibility.

Everything is explained in this book. If you are still in doubt, do the split test explained in my answer in the next chapter.

Objection 2: "My muscles are too stiff from previous heavy weight lifting to be able to make them flexible again."

While it true that low repetition weight lifting creates muscular micro-tears that heal at shorter length, this does not mean you won't be able to reach full flexibility. Quite the opposite.



Muscle can be stretched up to 130% of its resting length in human body. In order to do splits, your muscle only needs to stretch to 105% - 108% of its normal length.

In fact, the extra muscle strength you have gained from previous resistance training may help you reach your flexibility potential much faster since strength and flexibility are closely related as you will soon see.

If you are still in doubt, do the split test explained in my next chapter.

Objection 3: These stretches are too simple, nothing I cannot google out or find on the web

Yes, and they are highly effective. BUT only when they are used in combination with hyperbolic stretching protocol that you can't google out.

These stretches were carefully selected following the S.A.I.D. exercise principle explained in one of the chapters below.

As I said previously, there are no magical stretches or postures that will make you super-flexible quickly. Real magic of speed stretching lies in the exercise protocol that represents the core of this program.

Objection 4: Yoga stretches are better

Yoga stretches are amazing.

However, it will take years to achieve your full flexibility potential using Yoga stretches only.

If your main discipline is Yoga, then add this stretching program at the end of your yoga workout.

You will see your lower body flexibility increase dramatically in just weeks.

This will in turn help you progress in your Yoga exercises faster.



Objection 5: When I first started stretching, I felt slight hip and muscle soreness the day after. Is it dangerous?

No, it's not dangerous. You may initially feel slight soreness in your muscles and in your hip region after your first or second stretching session.

This soreness usually comes from muscular tissue or hip tendons that have been stretched beyond their normal ranges of motion.

The soreness may also originate in your glutes (muscles in your buttock) that you normally don't use but they were subconsciously tensed, stretched and overloaded during your first stretching session.

The hip soreness can be compared to sore muscles after your first weight lifting session. It is normal and should completely disappear in just a few days. This stretching method also counts with soreness so there is a solution to this issue, implemented right within this stretching program.

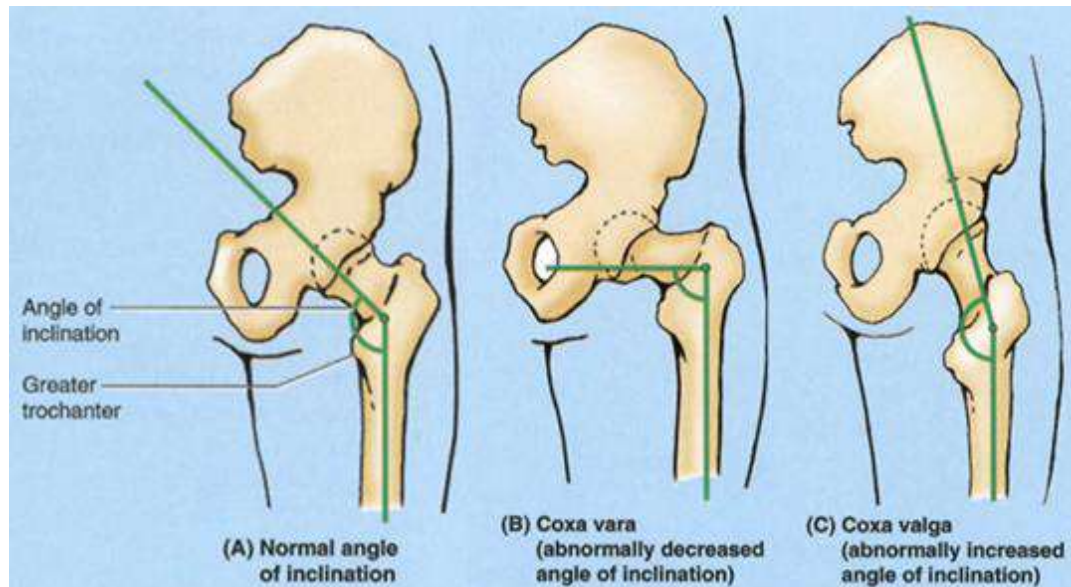
Objection 6: I don't think that everyone can become flexible or do splits. What if my hips won't let me go so deep? Check online for different physiological hip formations in humans. You will see vast differences.

Everyone should be able to do full front split with the hyperbolic stretching routine.

With side split there is one hip condition that may cause you difficulty in achieving a flat one (the one with toes pointing up).

Hip condition that may cause difficulties in achieving full straddle split is called coxa vara (see image below). However, less than 1% of the world's population have this condition.

You can easily test if you have the potential to achieve full front and straddle splits by taking the simple test below.



Coxa vara means that you have abnormally decreased angle (less than 135° angle – image B) between neck and shaft of the femur.

However even in this case it's possible to achieve full split by tilting your pelvis, knees and toes forward.

Do the test outlined below to test your split potential. If you pass the test, you will be able to do all splits easily in just a few weeks.



THE SPLIT TEST

If you are still in doubt and think that you may not be able to achieve full flexibility potential and splits due to stiff muscles or deformed hips, do this simple test.

To test your potential for front split, take a deep lunge.

As you can see on the left image, angle between woman's left hamstring and front thigh of the rear leg is less than 180 degrees.

This means that her hip flexor will need some stretching and relaxation of surrounding hip ligaments in order to achieve 180-degree angle that is required needed to make a nice flat front split (see image on the right).



To test your potential for straddle split or side split do this test.

Put one of your legs into a position as seen on the image below.

Keep your toe pointing upward. If you can keep 90-degree angle between the leg and your trunk, the only thing preventing you from doing a full split is the reflexive contraction of groin muscles in both legs.



Remember, there is no muscle running from one leg to the other. If you can do the split with one leg only, there is no deformation in your hips that would prevent you from doing a full straddle split.

In general, it is easier to do the split with toes, knees and pelvis pointing forward than to do the straddle split with toes pointing up simply because you are using your upper body weight to gain an extra inch in the stretch.

There is no significant difference between the split with toes pointing up or toes point forward in terms of hip alignment.

The only thing that is different is that you are pointing your knees, toes and pelvis forward while arching your back to remain upright (in the split with toes pointing forward).



THINGS TO AVOID FOR MAXIMUM FLEXIBILITY

If you perform short range movements in your sport discipline such as riding a bicycle, skating or running, always include this hyperbolic stretching program at the end of your main workout.

It has been confirmed that highly intense activities (short sprints, low repetition weight lifting etc.) slightly damage connective tissue in muscles causing micro-tears that heal at shorter length, thus decreasing overall flexibility of involved muscles.

Same rule applies here.

Always do this stretching program at the end of your main workout.

Yoga stretches and exercises (asanas) focus on holding relaxed muscles in a position just short of pain and reflexive muscle contraction.

Yogis gradually lower the sensitivity of the neuromuscular mechanisms regulating the tension and length of their muscles.

Yoga stretches seem to be a litmus test, or a sort of biofeedback monitor, telling the student how proper (from a yoga point of view) his or her state of mind is.

Mental rigidity (having fixations) is usually accompanied by a low level of physical flexibility. This has also been confirmed by science.



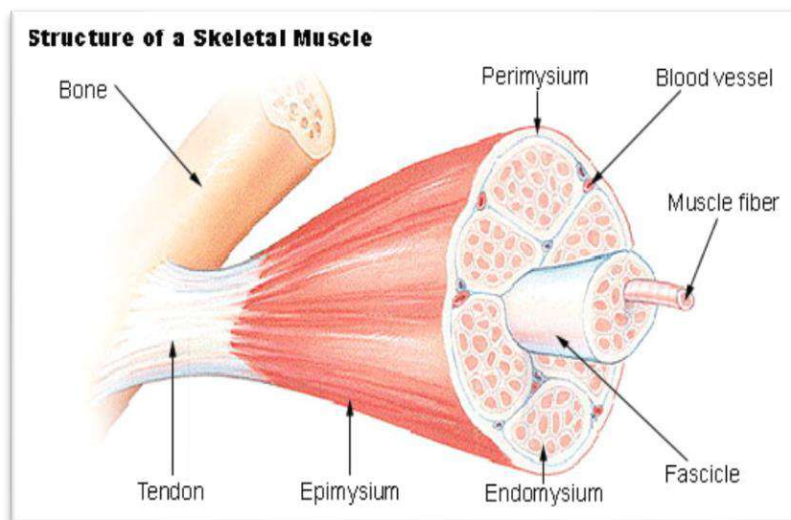
THE SCIENCE OF STRETCHING

I had to rewrite this chapter several times over because I didn't want to bore you to death with deep scientific explanations. Yet I wanted to give you an accurate look on why this stretching method yields results so fast.

WHAT DETERMINES YOUR FLEXIBILITY

Let's talk about muscles, joints, tendons and ligaments.

Muscles consist of muscle fibers or cells that are parallelly aligned – just like a bundle of cords. You can contract any muscle to 70% of its length in normal resting length and you can stretch it to 130% of its normal length.



This is an important information because if a muscle can be stretched to 130% of its normal length now, *it means your muscle doesn't need any more stretching in order to splits or display its full flexibility potential!*



In other words, the reason for stretching is not to elongate the muscle but to erase the tension in stretched muscles.

Muscles are encapsulated in a connective tissue (epimysium) that covers muscle fibers and connects to bones on each side of the muscle.

The hardened parts of connective tissue on both ends of a muscle are called tendons.

Tendons and connective tissue consist of collagen fibers that are strong but have low elasticity, especially in adults.

That is why I suggest not to go beyond certain point of pain in your flexibility exercises. You need to protect your tendons and keep them strong.

Ligament and joint flexibility can only be increased in young children whose muscles do not contract that much as muscles of adults. That is why you should be careful when following stretching advice from people who have gymnastic or ballet background from their childhood years. Their stretching advice may not work for you.

Over years, collagen fibers tend to become rigid, so you want to keep that in mind. Good news is that in order to perform full splits or high kicks you don't need to stretch your ligaments or joints at all.

Your muscles, ligaments and joints are already flexible enough for you to do the splits right now. Yes, there is no need to make your muscles more flexible than they already are.

So why can't you do splits or display maximum flexibility right now? The secret lies in muscle tension your neuromuscular system activates every time you stretch your muscles beyond its normal stretch range. Reduce the muscle tension and you'll be able to display your full flexibility potential very soon.



REDUCING MUSCLE TENSION

Whole idea of this method is not to perform stretching exercises to make muscles more flexible but to reduce tension in those muscles by developing a new neuromuscular reflex.

Once developed, this reflex will enable you to do splits without a warm-up routine.

Let me give you precise insight into what happens in your body after your muscles stretch beyond its natural (daily) length. *There are two crucial survival reflexes in your body that regulate to muscle flexibility and muscle tension.*

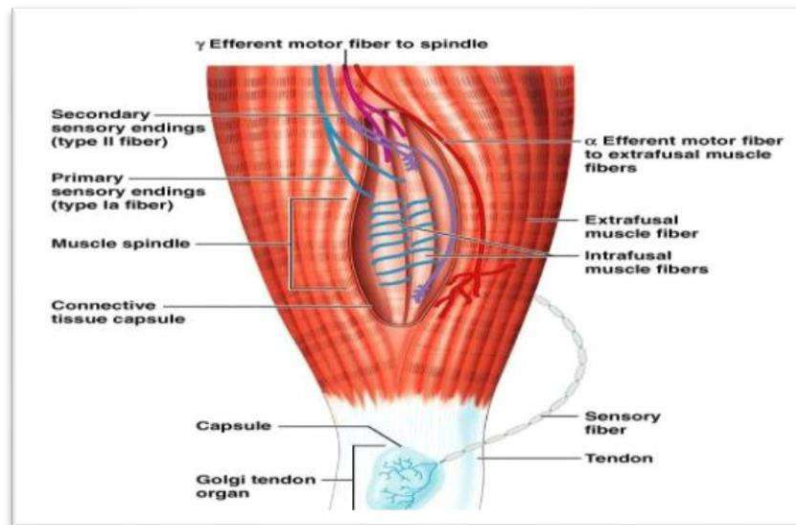
MYOTATIC REFLEX

Length of your muscles is controlled by muscle fiber tension at any given time. This tension is regulated by your neuromuscular system.

In fact, there is a constant unconscious exchange of information between your muscles and your nervous system.

When you stretch a muscle beyond its normal stretch range, special sensors located in your muscle belly called 'muscle spindles' send alert to your neuro-muscular system (located in spinal cord) that in turn contracts the muscle to either prevent complete muscle tear or to keep you in balance.

Muscle spindles (see image below) are string-like sensors that extend when muscle is stretched, causing an impulse sent to your neuromuscular system. Some spindles only react to magnitude of muscle stretch while others react to both, magnitude and speed of the stretch.



In other words, when muscle is stretched beyond its normal length, it is automatically contracted because your nervous system thinks *“oh, this muscle is being stretched too far. I’d better contract that muscle before it gets totally torn apart”* or *“oh, this guy just slipped on a banana. I’d better contract that muscle, so he or she can regain his or her balance.”*

This is the myotatic or stretch reflex also known as reciprocal inhibition.

It is the main problem preventing you from reaching your full flexibility potential quickly.

Luckily there is also an opposite neuromuscular reflex called autogenic inhibition reflex that your body will use to accelerate your flexibility gains – it is also the key reflex that will let you display full body flexibility without a warm-up.

This opposite reflex you want to take advantage of is called autogenic inhibition reflex or reversed myotatic reflex.



AUTOGENIC INHIBITION REFLEX

Autogenic inhibition (AI) reflex is a sudden relaxation of a muscle in response to excess tension. This automatic lengthening reflex is controlled by the central nervous system and regulated by the proprioceptors located in the tendons, mostly by the Golgi tendon organs (GTOs, see image on previous page).

A Golgi tendon organ is yet another stretch receptor that signals the amount of force developed by a muscle.

The AI reflex is activated when the Golgi organ senses too much force is being applied against a muscle and tendon in static position.

Think of someone doing a bench press of weight they could not push up. Eventually the muscles basically give up and “relax.” They simply turn off because if those muscles continued resisting the force, they would eventually tear down.

When this mechanism doesn't have time to take place it results in a rupture of the muscle, for example an Achilles tendon rupture that sounds like a shotgun when it tears.

How to use this information to increase your flexibility? Let's have a second look into what happens in your muscle when it is stretched.

When you assume your maximum stretch position, myotatic reflex takes over immediately and contracts your muscle to prevent further stretch.

About 7 or 8 seconds later, after the myotatic reflex contracted your stretched muscle, autogenic inhibition reflex naturally takes over. Because your neuromuscular system sees no danger that your muscle is going to get torn from overstretching it will slightly relax your already stretched muscles.



However, this reflexive relaxation is not significant because muscle tension is not maximal, meaning that only some muscle fibers experience relaxation while others stay tensed.

Now, if you consciously tense (contract) the stretched muscle as much as you can, you will induce deeper inroad into muscle fibers and more of them get recruited and relaxed, helping you stretch a little further, beyond your initial maximum stretch.

Repeat this conscious tension several times over and you will be able to relax more muscle fibers and go deeper into the stretch.

If you want to be able to relax substantial amount of muscle fibers using autogenic inhibition reflex, much powerful conscious muscle tensions are required.

In order to develop intense tensions, you need to strengthen these muscles.

Once your muscles become stronger using simple strength exercises outlined in this book, the amount of recruited fibers multiplies and your body's ability to completely relax all muscle fibers will dramatically increase.

That in turn will increase your flexibility and reprogram your muscle reflexes in such a way that you will be able to display your full flexibility potential without warm-up.

In other words, the more you repeat these contractions as you progress through the routine in coming weeks, the stronger AI reflex you will develop.

Eventually only one single short contraction will be necessary for you to display your full flexibility potential.

The science behind fast flexibility gains lies in tricking your neuromuscular mechanism to change some of your natural muscle survival reflexes.



ONLY THREE MUSCLES

You only need to focus on stretching and tensing three muscle groups to be able to do full splits, display your full lower body flexibility and grow strength in your pelvic muscles. For front split, it's the hamstring (bicep femoris) and the hip flexor (psoas) muscle. Contrary to what you may have heard, stretching your calves is not necessary for achieving full front split.

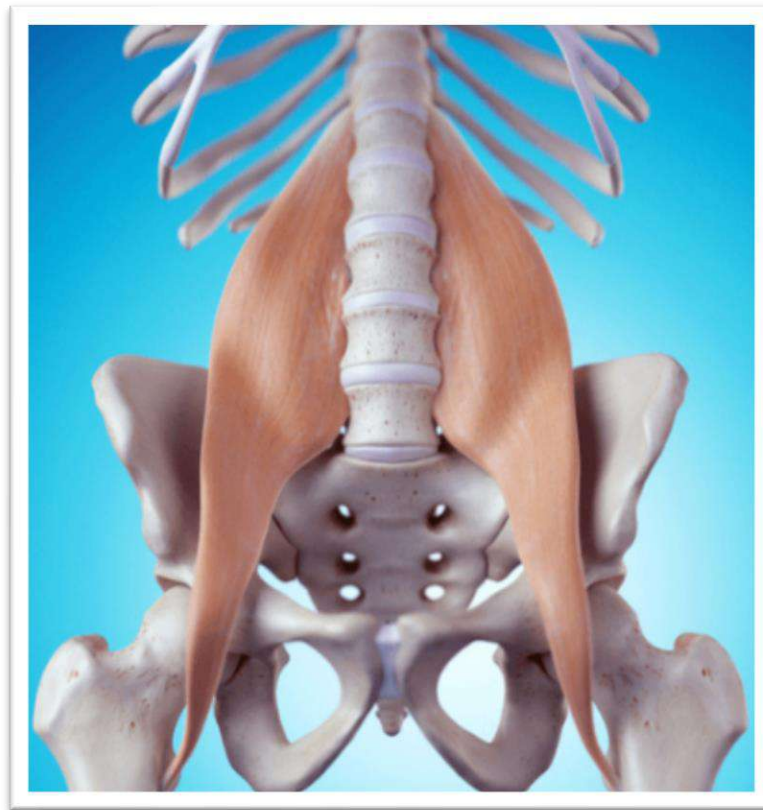


Image above shows the iliopsoas muscle, the strongest hip flexor in human body. There is no need to strengthen this muscle as it is already strong enough for our purposes. Its main function is to keep your posture, move your legs forward and pull your knees up to your chest.



Image above is the hamstring. Its main function is knee flexion and extension of the hip when the trunk is fixed. For side split or straddle split you only need to stretch the adductors. That's all there is to it.



All three muscles reside in your thighs (the hip flexor only partially). Once you achieve flexibility in these muscles and resort to the 3-minute leg flexibility maintenance routine, you can focus on increasing flexibility in other muscles, important to your specific training discipline.

For example, lower and upper back muscles, arms, chest, glutes or calves.



THE HYPERBOLIC STRETCHING ROUTINE

The Hyperbolic Routine is very simple although demanding on muscle strength, for reasons specified above.

The whole routine should take no more than 15 minutes to complete (not counting the warm-up session).

If you plan to do this routine as a standalone set, here is how it should look like:

- Warm Up Joint Rotation (1 minute)
- Aerobic activity, i.e. skipping rope, jumping jacks etc. (5 minutes)
- Static relaxed stretches to warm up (5 minutes)
- Flexibility-specific strength training (8 minutes)
- Hyperbolic Stretching (12 minutes)

If you do this routine as part of some specific training (yoga, martial arts, dancing, weightlifting etc.), here's the breakdown:

- Joint rotations
- 5 minutes of aerobic warmup (skipping rope, shadowboxing etc.)
- Static stretching specific to your discipline
- Your main training session (yoga, martial arts, dancing etc.)
- Heavy weightlifting routine or strength training
- Flexibility-specific strength exercises
- Hyperbolic stretching

Hyperbolic stretching is always performed after your normal training session (i.e. MMA, martial arts, yoga, ballet, weightlifting etc.) as a part of your post training cool-down.



Hyperbolic stretching should never be performed as a part of a warm-up before your regular training, as it can quickly fatigue your muscles, making your main training session less effective and risky in terms of possible injury.

If you need to display full static flexibility during your main training session, do 5 minutes of aerobic activity followed by simple static and dynamic stretches in your warm-up.

Never do hyperbolic stretching more than four times per week. Your muscles need enough recovery time since the routine is demanding on your isometric muscle strength. Detailed routine breakdown now follows.

THE WARM-UP INTRO

I will go into warm-ups later but remember to always start every session with simple joint rotations. Your joints need to be relaxed and loosened before you get them involved in strenuous activity. If you sense any pain or blockage in your joints, it is advised not to continue and see your doctor.

I haven't included joint rotation images into this book since almost everyone knows how to do them.

Do 5 to 10 reps on either side in following progression. Wrists, elbows, whole arms, neck, upper body, hips, knees and finally the ankles.

This should be followed by 5 minutes of aerobic activity and light static stretches that will prepare you for the main training session.



FLEXIBILITY-SPECIFIC STRENGTH ROUTINE

Improving muscle strength of stretched muscles is very important part of your flexibility training. Without this strength training part, you won't be able to achieve full splits so quickly.

As I said before, the stronger your stretched muscles, the more tension you can generate in the static stretches.

As your muscle strength increases from training to training, you will see greater gains in your flexibility literally on daily basis.

How long should you do these strength exercises?

I suggest you do them for the whole duration of this program. When you reach full splits or flexibility you are happy with, you may stop doing the strength exercises and only do the quick flexibility maintenance routine two times per week.

This maintenance routine does not require you to do any strength exercises and only relies on the strength you develop using the static stretches.

However, if you want to take your flexibility into another level and want to be able to:

- walk out from your splits without using your arms for support
- or increase your leg flexibility beyond splits
- be able to do suspension splits on two chairs...

...then you should consider continuing with the strength exercises for at least two or three more weeks to make your adductors and hamstrings even stronger.



We will only focus on strengthening the hamstrings and adductors. The hip flexor does not need to be strengthened as it is already strong enough, since you use this muscle frequently every time you move.

You can choose from three alternatives of this strength routine, depending on where you are and what equipment you have at your disposal.

Do these exercises slowly and focus on keeping constant tension in the trained muscle.

Gym Alternative

If you're in the gym I highly suggest you use strength machines and do at least 2 sets of 30 repetitions per set. Rest about 45 seconds between each set. Select weight that will make you feel a slight muscle burn during last few reps of each set.

Always try to add few more reps in your next training session using the same weight load. Once you reach 40 reps in your first set, add more weight so that you can again do about 30 reps in your first set.

Exercise 1: The Hamstring Curl





Exercise 1: The Hip Adductor Machine



Remember to *always select proper weight or proper repetition speed* that will let you feel the burning sensation at the end of each set within the prescribed repetition range.

Ankle Weights Alternative

If you're training outside or at home, I suggest you get a pair of ankle weights. Each ankle weight should weigh at least 4.5lbs each.

If you can get a pair of 10lbs each, that's even better because you won't have to do so many repetitions to properly fatigue your muscles.

You can easily get a pair of 10lbs ankle weights for a price between \$15 to \$20 at amazon.com.

Do only one set of each exercise and slowly perform as many repetitions as possible. Anywhere between 50 and 200 reps is fine.

If you do 50 reps and feel a slight muscle burn, stop the set and try to add few more repetitions in your next session, using the same weight.



Exercise 2: Weighted Adductor Flies



Tie up one ankle weight on each leg for the adductor flies exercise. For isolated hamstring curl you can use two ankle weights tied onto one leg to increase the resistance.

To perform isolated hamstring curl, find any kind of support and lean over it in a 30 to 45-degree angle. Straighten and secure the right leg behind the left knee. Perform slow controlled repetitions in full range of motion.

Isolated Hamstring Curls with Ankle Weights



Since the weight of ankle weights is set, remember to always adjust repetition speed that will let you feel the burning sensation at the end of each set within the prescribed repetition range.



No Equipment Alternative

If you don't want to invest into ankle weights, here is another variation you can do without any equipment. Although I'm using barbell for the squat, you can do it without any equipment and use your sheer body weight as your resistance.

Spread your legs slightly more than shoulder width and do around 30 reps of wide squats. Repeat 2 times with about 45 seconds rest between sets. You can also do one long set of 50 to 200 squats if you're well-conditioned.

Wide stance will help you put more stress on adductors and hamstrings. In order to feel muscle burn in the last few repetitions of each set you need to find appropriate the speed of movement. Slower the movement, the sooner you get the burn.

In this and the next strength exercise, focus on constant muscle tension and never extend your legs completely in the top position. Never rest on the bottom position either.

Exercise 1: Wide Squat



Then, lie down on the floor and perform one long and slow set of adductor flies using sheer weight of your legs. Do as many repetitions as it takes to feel the burning sensation in your adductors. Anywhere from 50 to 200 reps is fine.



If your legs are strong, you can replace the squat with more difficult strength exercise that better targets your hamstrings and hip flexors. I am talking about front and reverse lunges.

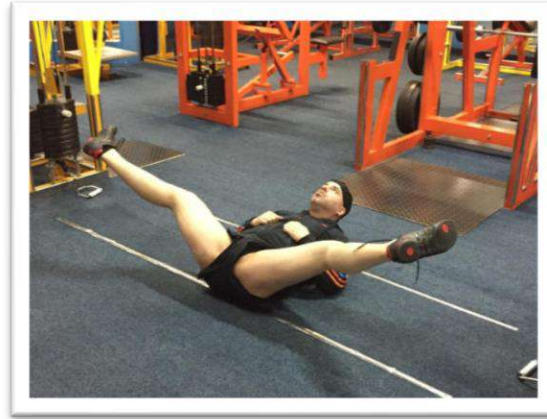


Put your palms behind your head. Take a deep lunge forward so that the knee of your rear leg touches the ground. Then step back to your original upright position. Alternate legs. Repeat as many times as it takes you to feel the burning sensation in your hamstring and hip flexor.

You can change the exercise slightly and do reverse lunges by stepping back from your upright position. This will put a little more stress on your hip flexors.



Exercise 2: Adductor Flies with No Weight Added



Adductor flies are done slowly, just like when you do them on the adductor machine. Always do them in full range of motion. Do as many reps as possible until you feel the muscle burn. Between 50 and 200.

Reminder: Since the weight of your resistance is set (your body weight and weight of your legs) remember to *always adjust repetition speed* that will let you feel the burning sensation in your muscles at the end of each set within the prescribed repetition range.

After you're done with the strength part, rest one or two minutes and move on to the hyperbolic stretching routine.



HYPERBOLIC STRETCHING ROUTINE - WEEK 1 TO WEEK 3

Hyperbolic Accelerator Stretching is the fastest and most effective way of increasing your flexibility. It helps you overcome the muscle tension (myotatic) reflex using powerful muscle contractions that lead to increased muscle relaxation.

Hyperbolic Accelerator Stretching consists of prescribed isometric contractions and relaxations that will increase your muscle strength (including pelvic muscles) and re-train your neuromuscular system for maximum relaxation and maximum stretch.

Exercise Selection: The SAID Principle

As you will soon discover, there are only three stretching exercises you need to perform to achieve maximum lower body flexibility and full splits.

All three exercises resemble splits themselves for a good reason. Selection of these exercises was no random event. They were selected with regards to the SAID principle.

The SAID stands for Specific Adaptation to Imposed Demands and this training principle explains that a certain exercise or type of training produces adaptations specific to the activity performed and only in the muscles that are stressed by the activity.

To go one step further, according to the SAID Principle, the body adapts in a specific fashion to the specific demands that are placed on it.

For example, if one does figure skating a lot, one will adapt to the specific skill and strength demands of figure skating (he or she will develop lower body hypertrophy, strength, explosiveness, agility, etc.).

In short, to develop a better golf swing, one should train the golf swing; to develop endurance for a marathon, one must train by running long distances.



In some instances, there is a varying degree of "cross-over," whereby adaptation from one activity will enhance traits needed to perform in another activity.

An example of this would be in training to improve grip strength directly correlates to other activities where grip strength is a requisite (pullups, deadlift, etc.). This cross-over is the reason many athletes incorporate cross-training into their programs.

This is also the same principle that drives functional training.

Recommended exercises do not fancy any strange body positioning and have been selected because you can safely and easily transfer enough weight to create muscular tension in stretched muscles – and this is what you really need if you want to achieve full flexibility quickly.

The Stretching Exercise Protocol

As I said in the beginning, magic of this method is in the exercise protocol.

Let me give you full explanation of what is going to happen in your body as you go through the stretching exercises.

Some of the following information has already been explained in previous chapters but I want to take it one step further.

Assume your stretching posture and stretch as far as you can. What happens in this moment is that the myotatic reflex I spoke of earlier takes over and tenses the stretched muscle, making it impossible for you to stretch further.

When you consciously tense the already stretched muscle, the reverse myotatic reflex takes place. This means your neuromuscular system will allow you to stretch a little more.

After few seconds, release the conscious tension and move about half an inch more into the stretch.



Then, tense the stretched muscle consciously again and another reversed myotatic reflex takes place.

Again, release the tension and move a bit more into the stretch. Repeat one or two more times until you achieve your maximum stretch.

What you are basically doing with the tense-relax protocol is that you're influencing and reprogramming your neuromuscular memory system.

After few weeks your body we re-learn and replace the old tension reflex with reversed-tension reflex, making it possible to stretch all the way down to a full split.

Last thing to discuss is how long you should hold each individual tension.

Tension-Relax Frequency and Duration

I have already explained that it is necessary to perform several tensions of the already stretched muscles in a single set and you may experience muscle cramps or shaking during the process. Which is fine!

If your muscles shake during exercise it is because they are becoming deeply fatigued.

Normally, your body recruits exactly the number of motor units (groups of muscle fibers sharing a motor neuron) needed to produce the desired amount of force to resist a force.

As some fibers become fatigued others are recruited to take their place. Normally this happens smoothly, but the more fatigued your muscles become and the more and larger the motor units dropping out the more the force produced varies from the target and you start to shake.

So multiple tensions and multiple sets of one stretching exercise will recruit more muscle fibers that will be prone to reprogramming.

There are two tension-relax durations you can use. Both are equally effective, however the second one is more demanding.



- Consciously tense your already stretched muscles for 5 seconds applying about 30-40% of maximal tension. Relax for about 3 seconds and increase the stretch. Tense the muscles again for 5 seconds, now with 50% - 60% of your maximal tension. Again, release the tension for 3 seconds and try to increase the stretch. Repeat again, now with maximal tension for 5 seconds, relax and increase the stretch. Now tense again and hold the stretch for at least 12 - 15 seconds. Your set is now over. Change legs and repeat the set. Rest about 30 seconds. Repeat the three times for each leg.
- Consciously tense your already stretched muscle for 12-15 seconds applying 30% to 40% of maximal tension. Relax and increase the stretch. Repeat the 12-15 second tension two more times with 50% - 60% of your maximum and then again with 100% of your maximum. Your set is now over. Change legs and repeat the set. Rest about 30 seconds. Repeat the three times for each leg.

Straddle Split Stretching Exercise (Beginner and Intermediate)

Find any elevated flat surface where you can comfortably rest your leg. Wall bars are the absolute best for this purpose.

Your toes should be pointing forward, not up. On the images below, I am showing different flexibility levels, ranging from beginner to intermediate. Use this exercise starting from week one up until the end of week three.

Alternatively, you can use one of the supplemental exercises as shown below. Select only one of the exercises and don't change them in the following three weeks of stretching.

In the description below, I am using the three 12-second long durations of muscle tension.



If you're new to stretching and your muscles are tight, raise your right leg low, just enough to feel the stretch (left image). Your supporting leg should be in vertical position (90-degree in relation to the ground). Mine is little bit far away on the image.

1. Once you assume starting position, wait about 3 to 5 seconds until your mechanisms adapt to the stretch.
2. Now, increase the stretch as far as you can, by moving your supporting leg further away from the wall bars or elevate your leg on higher bar, or both.
3. Tense your groin muscles by pushing down to the bar with your right leg and with your left supporting leg press into the ground. As if you were trying to "pinch" the space between your feet. Hold the tension for 12 seconds. Your tension in first week doesn't have to be all out. You can start at about 50% pressure and gradually increase it to maximum as your muscles get stronger. You may experience muscle cramps or shakes when you're a beginner at this point but that is exactly what we want.



4. After 12 seconds, release the tension, relax your muscles and try to increase the stretch by at least half of an inch by either moving your supporting leg away from the bars or lifting your right leg higher on the next bar. Wait about 2 -3 seconds and tense your groin muscles again. Hold for 12 seconds.
5. Repeat the tension-relaxation-stretch-tension one or two more times until you can't stretch anymore. Then change sides. This is the end of your first set.

Change sides and now lift your other leg up on the bar. Repeat. Do 2 sets for each side. That amounts to total of four sets of this exercise.

Alternative Adductor Stretches

Use this exercise if you have weak knees. In this position, only small portion of your body weight is transferred onto your adductors and you can regulate the amount of weight by leaning forward or backward.



Another alternative exercise is even simpler and suitable for those who only want to increase their penis length and strengthen their pelvic floor

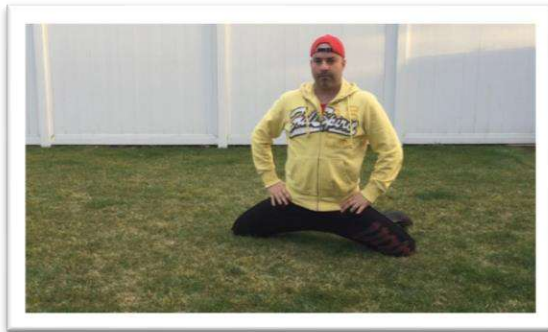
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muscles. Again, use the hyperbolic exercise protocol of tense – relax – increase - tense.



Get on your knees and spread your legs sideways as much as you can. Then, lean forward on your forearms and again, follow the hyperbolic exercise protocol. Choose only one exercise and work with it. Never combine or alternate the exercises between sessions.

Front Split Hamstring Stretch (Beginner and Intermediate)

After 30 seconds of rest, use the same stretching protocol but this time assume the hamstring stretch position. Do 3 sets for each leg, totaling in 6 sets of this exercise. Start low if you are a beginner (left image) and if you are more advanced raise your leg higher on the wall bar (right image).





With your right leg, press down against the bar for 12 seconds. You can also increase the tension by leaning your trunk forward over your raised leg.

Then release the tension and increase the stretch by half of an inch by either moving your supporting leg away from the bars or raising your right leg higher on the wall bar. Do 4 tensions, then change legs. Do 3 sets for each leg.

Alternative Hamstring Stretch



If you have any problems to use the elevated hamstring stretch, you can use the seated hamstring stretch although I believe this exercise is less efficient. Spread your legs comfortably. Do not use your maximum spread position since we want to focus on hamstrings not adductors here. You can even bend one of the legs or you can sit on your bed and leave one leg freely hanging from the side of your bed as you lean toward the other.

Lean toward the stretched leg and keep pressing your leg into the floor in order to tense your hamstring.



If your back is slightly arched in the beginning that's fine as you are also stretching your lower back muscles in this exercise. Progressively, you will be able to have your back straight and touch your knee with your chin.

The Hip Flexor Stretch



This is the last exercise. You are going to stretch your hip flexor responsible for high-quality flat front split. Put one knee on the ground and take a long lunge forward with you other leg.

Keep your hips facing forward all the way through the exercise This will give your hip flexor a good deep stretch.

Assume your maximum stretch posture feeling the stretch in your hip flexor. You can increase the stretch by pushing your pelvis forward with your hands.

Now, tense your hip flexor by pressing your rear knee into the ground. Hold for 12 seconds, relax, increase the stretch and tense again. Repeat one or two more times. Change legs. Do 3 sets for each leg.



EXERCISE FREQUENCY

Hyperbolic stretching routine should be performed maximum 4 times per week. As your flexibility increases, you may decrease session duration by decreasing the amount of sets for each stretching exercise.

Don't skip the flexibility-specific strength exercises as they will significantly accelerate your progress. Trying to increase strength only by doing the hyperbolic stretching routine is not enough for achieving splits in four weeks.

You need to do both – the strength exercises and the hyperbolic routine to achieve results fast. If your muscles hurt, reduce the intensity of tensions or stop exercising and possibly add one more day off.

However, stick to your hyperbolic stretching frequency of four times per week.

Here's a weekly schedule you should follow:

- Monday – Hyperbolic Stretching Routine at the end of your workout
- Tuesday - Hyperbolic Stretching Routine at the end of your workout
- Wednesday – day off
- Thursday – Hyperbolic Stretching Routine at the end of your workout
- Friday - Hyperbolic Stretching Routine at the end of your workout
- Saturday - day off
- Sunday - day off

Every hyperbolic stretching routine must be preceded by flexibility-specific low resistance/high repetition strength training routine.



HYPERBOLIC STRETCHING ADVANCED: WEEK 4

Congratulations! If you made it past the 3-week mark, you should already see remarkable flexibility gains, feel the strength in your legs, pelvis and in your glutes. Men will also notice that their penis root has been partially pushed out and exposed by at least one inch.

In the fourth week, we are going to change the stretching exercises to drop you fully into all types of splits, maximize your gluteal and pelvic strength while also pushing more of the penis root out of your pelvic socket.

Maximize your contractions in every stretching session and do not forget about the strength exercises that are inevitable for achieving maximum flexibility, penis length and overall pelvic strength.

Once you get through week four, you should be able to display your maximum flexibility in your lower body.

After week four, you can resort to The Flexibility Maintenance Routine that does not involve any dynamic weight training and can be completed in less than 3 minutes.

Straddle Split Stretching Exercise (Advanced)

Assume your maximum stretch position with the soles of your feet firmly on the ground (image below). If you want, you keep your knees slightly bent in this position to take a little weight off them. Hold the stretch and tense your muscles using the prescribed hyperbolic protocol.

Do not touch the ground with your arms. Your adductors and glutes muscles should be strong enough to support you. Keep your balance. The more complicated the stretch, the more it engraves into your muscle memory!

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Try to increase the stretch as much as possible using 5 to 6 tensions. Don't worry about overstretching. Remember, your muscles are flexible by default. You are just activating more muscle fibers using the reverse myotatic reflex that will induce more relaxation! Do not give up!





Push more to reach the full split. Eventually, you will only need one or two one-second long tensions before you will drop into a full split (see image below) without any warmup.

Hold your maximum stretch position without tension for as long as you can – minimum of 15 seconds – but you can go well over a minute for better results.



After the fourth week, you can also try the suspension split (box split) but use something that is close to the ground, so you have a chance to keep your balance using your arms.

Repeat three times with 30 seconds rest between sets.



Front Split Stretching Exercise (Advanced)

Kneel on your right knee and straighten your left leg in front of you (image below). Push the front leg forward to assume your maximal stretch position. Do not use your arms for support and keep your balance.



Again, use the hyperbolic stretching protocol to increase the stretch by pushing your front leg forward as much as you can. Even if you feel you cannot do more (image below), do a few more strong tensions and push yourself further down.

Do not worry about tearing your muscles.

Your muscles are already strong enough to hold you and flexible enough for a full split!

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Push more to reach the full split (image below). Eventually, you will only need one or two one-second long tensions before you will be down in a full split (see image below) without any warm-up. Hold your maximum stretch position without tension for as long as you can – minimum of 15 seconds – but you can go well over a minute for better results.





Once you get down into a full front split, you will notice that the hip of your rear leg has a tendency to turn your trunk sideways.

Try to adjust your hips so they are facing forward. This will increase the stretch in your hip flexors and let you do high quality front split with hips facing forward. Change legs and repeat three times on each side with 30 seconds rest between sets.

WEEK BY WEEK WALKTHROUGH

It is important for you to know what to expect and what to focus on in each individual week so that you can progress quickly, safely and effectively.

Week One

First week and your first training sessions are the most important ones in terms of motivation to get you through the entire 4-week program.

In fact, the first week should only be devoted to muscle adaptation to new stress and new training.

Since your muscles are going to experience new type of stress, new positions, tensions and load from new type of strength training, get ready to feel soreness in your muscles and even hips.

Do not push yourself with muscle tensions this week. Do only mild tensions. Simply, test your new strength and stretching routine. Find your optimal weight for prescribed repetitions in your strength exercises and get used to muscle tensions while stretching your muscles.



If your first training session will be on Monday, your muscles and hips will feel sore the day after. If they don't, go through the entire session on Tuesday.

If they do feel sore, give them up to three days to recover – simply take three days off. However, since you need to complete at least four sessions every week, you need to catch up.

Your first week's routine will then look like this:

- Monday – flexibility-specific strength training + hyperbolic stretching
- Tuesday – day off
- Wednesday – day off
- Thursday – day off
- Friday - flexibility-specific strength training + hyperbolic stretching
- Saturday - flexibility-specific strength training + hyperbolic stretching
- Sunday - flexibility-specific strength training + hyperbolic stretching

Week Two and Three

Regardless of when you have stretched the previous week, your second week's first session starts again on Monday.

In week two and three, session frequency would look like this.

- Monday – flexibility-specific strength training + hyperbolic stretching
- Tuesday – flexibility-specific strength training + hyperbolic stretching
- Wednesday – day off
- Thursday – flexibility- strength training + hyperbolic stretching
- Friday - flexibility-specific strength training + hyperbolic stretching
- Saturday - day off
- Sunday - day off



In week two and three you should focus on increasing the weight or repetitions in your strength routine and on increasing your stretches and tension intensity in every stretching exercise.

Week Four

In week four you will still be stretching on Monday, Tuesday, Thursday and Friday and give your muscles enough time to recover in the off days.

This week's primary aim is to get you down into full splits by implementing new stretching exercises and feeling maximum burn in your strength exercises.

Once you're done with week four, you should be able to display your full flexibility and splits, even without the warmup.

You should also have achieved your maximum pelvic floor and gluteal strength while your penis root should be exposed by at least 1 to 2 inches out of your hip cage.

At this point you can move on to The Flexibility Maintenance Routine.



LIGHT WARM UP STRETCHING

There has been a lot of confusion about which type of stretching exercises are best for proper warm up.

Some people only recommend doing dynamic stretches if your sport requires dynamic movements (i.e. kicks) as they stimulate different kind of muscle spindles in your muscles.

These people claim that dynamic flexibility is different than static flexibility and that static stretches tend to decrease blood flow in your muscles and take your mood down, or away from the main training session.

Others say the best way is to combine static and dynamic exercises, while yet another group only recommends static stretches.

It is my personal experience that after initial joint rotations and 5 to 10 minutes of aerobic activity static stretching routine should follow.

After this part of warm-up do few rounds of kicking or other movements, gradually increasing the speed and height.

I highly advice you master the Full Body Stretching Routine in the other manual that is part of this book. It can be used in your warm-up to prepare all your main muscles for advanced movements or as a relaxed stretching exercise at the end of your workout.

However, if you are in a hurry and do not want to learn the new warm-up stretching techniques, you can use the same stretches for warm-up as you do in the Hyperbolic Stretching routine at the end of your workout.

The only thing that changes is the exercise protocol. No tensions should be done in your warm-up stretching session.



Simple warm-up stretching routine:



Elevated Adductor Stretch

Raise your leg on the wall bar and feel the stretch in your adductors. Try to increase the stretch every 10 seconds without consciously tensing them. Keep them relaxed as much as you can. After about 30 – 40 seconds change legs. Repeat 2 times for each leg.



Hip Flexor Stretch

Keep your hips facing forward. Feel the stretch in hip flexor. Increase the stretch every 10 seconds. Keep the muscle relaxed. Help it by pushing forward with your arms. After 30 – 40 seconds change legs. Repeat 2 to 3 times for each leg – do 6 sets in total.



Elevated Hamstring Stretch

Raise your leg on the wall bar and feel the stretch in your hamstring. Increase the stretch every 10 seconds without consciously tensing the hamstring. Keep it relaxed as much as you can. After 30 – 40 seconds change legs. Repeat 2 to 3 times for each leg.



FLEXIBILITY MAINTENANCE ROUTINE

Congratulations! You've gone through the full 4-week hyperbolic stretching program. It was tough to develop your maximum flexibility and strength, but not too tough!

From now on, things will get much easier, because it is not difficult to maintain your currently flexibility level compared to developing it.

So, what is the secret of flexibility maintenance? *First, you don't need to perform the strength training anymore. The only thing you will need to do twice a week is the fourth-week routine mentioned before.*

Second, one set of about one minute of sitting in your splits and contracting your muscles in a 5 seconds isometric tension followed by 5 seconds relaxation is all you need to do to keep your maximum flexibility level and your full pelvic floor strength.



You will save a lot of time that you can invest into stretching other muscles of your body, such as calves, front thighs, glutes, lower and upper back.

With your hip flexors, hamstrings and adductors already flexible, stretching of other muscles will be much easier and quicker. For this purpose, you can use my Full Body Stretching routine that is included in this program in another manual.



COMPLETE HYPERBOLIC ROUTINE SAMPLE

(Print this page and hang it on the wall at home or in the gym)

Warm-up session (10 to 15 minutes)

- Joint rotations
- Any aerobic activity to pump blood into your muscles (5 minutes)
- Light warm up stretching

Your main training session

- Yoga, dancing, martial arts, MMA, weightlifting etc.
- If increasing your flexibility is your only aim, skip this and move to another step

Flexibility-specific strength training

- Adductor flies – 2 sets of 30 reps till or 1 set of 50+ until muscle burn
- Hamstring curls – 2 sets of 30 or 1 set of 50+ until muscle burn

Hyperbolic Stretching

- Elevated adductor stretching - 4 sets with 30 sec. rest between sets
- Hip Flexor Stretch – 3 sets on each side with 15 seconds rest
- Elevated hamstring stretching – 3 sets on each side, 15 seconds rest

Test which of these two stretching protocols suits you best

Protocol 1: Consciously tense your already stretched muscles for 5 seconds applying about 30-40% of maximal tension. Relax for about 3 seconds and increase the stretch. Tense the muscles again for 5 seconds, now with 50% - 60% of your maximal tension. Again, release the tension for 3 seconds and try to increase the stretch. Repeat again, now with maximal tension for 5 seconds, relax and increase the stretch. Now tense again and hold the stretch for at least 12 – 15 seconds. Your set is now over. Change legs and repeat the set. Rest about 60 seconds. Repeat the three times for each leg.

Protocol 2: Consciously tense your already stretched muscle for 12-15 seconds applying 30% to 40% of maximal tension. Relax and increase the stretch. Repeat the 12-15 second tension two more times with 50% - 60% of your maximum and then again with 100% of your maximum. Your set is now over. Change legs and repeat the set. Rest about 60 seconds. Repeat the three times for each leg.



SIMPLIFIED ROUTINE FOR PENIS & PELVIS

(Print this out and hang it on the wall)

If you only focus on pelvic strength and penis length, do this simplified routine.

Warm-up session (10 to 15 minutes)

Joint rotations, followed by any aerobic activity to pump blood into your muscles (5 minutes), *Light Warm Up Stretching using the exercises below. Use the stretching protocol from page 55 and 56.*

Flexibility-specific strength training

- Adductor flies – 2 sets of 30 reps till or 1 set of 50+ until muscle burn
- Hamstring curls – 2 sets of 30 or 1 set of 50+ until muscle burn

Hyperbolic Stretching Simplified

- Butterfly stretch - 4 sets with 30 sec. rest between sets
- Hip Flexor Stretch – do 3 sets on each side with 15 seconds rest



“Squeeze your muscles as much as you can to strengthen the pelvic floor muscles and push the root of your penis out!”

Recommended Stretching Protocol: Consciously tense your already stretched muscle for 12-15 seconds applying 30% to 40% of maximal tension. Relax and increase the stretch. Repeat the 12-15 second tension two more times with 50% - 60% of your maximum and then again with 100% of your maximum. Your set is now over. Change legs and repeat the set. Rest about 60 seconds. Repeat the three times for each leg.



MUSCLE SAFETY AND RECOVERY

In every sports manual, safety precautions and recovery techniques need to be addressed. I have already mentioned most of them in previous chapters however muscle recovery was not addressed yet.

Just as in strength training, muscle or hip soreness may happen in stretching especially if you overstretch by accident.

Once this happens, you won't feel like to stretch for few days. The best cure for overstretching and soreness is rest. Additionally, you may take one pill of aspirin before you go to bed.

This will help reduce muscle or hip inflammation and reduce muscle temperature.

Another great thing to implement is to walk up on stairs or do low resistance squats in full range of motion. This will help you recover faster.

If you were stretching slowly, you don't need to be afraid that your muscles or tendons experienced some high-level damage. Your muscles and tendons are very strong and can withstand a lot of force.

Real damage to muscles and tendons only happens by fast unnatural movements – usually in your main training session when you do kicks or some advanced dancing moves.

You should exercise caution though and always be gentle to your body and muscles.



CONCLUSION

Congratulations if you've made it this far!

If you've gone through the entire 4 week stretching session, you should be able to:

- Do all splits even without warm-up
- Your pelvic muscle strength should be highly developed
- The root of your penis should be exposed by at least 1.2 inches or more!
- Your glutes are much tighter than ever before
- Your sexual endurance and pleasure should be at its highest peak
- Your erection improved and the ability to have more orgasms should be now completely possible!

You may want to give it all a try!

However, I highly advise that to keep your current condition, you should do the maintenance routine for at least 2 to 3 days per week!

Since the maintenance routine is very short, consider implementing the Full Body Stretching Routine explain in the accompanying book that will help you improve your overall body flexibility even faster!

There is no more tension involved as you will see when you go through the short manual....and it's fun!

I wish you all the best of health and success in your chosen sport discipline!

Alex Larsson